

Valeways Celebrate National Meadows Day

National Meadows Day is an annual celebration of wildflower meadows across the UK. The event takes place on or around the first Saturday of July every year. National Meadows Day events are helping to raise awareness of the importance of meadow conservation of a fast disappearing habitat.

The Living with Cancer July stroll coincided with this special day and the strollers felt fortunate to be walking under bright blue, cloudless skies amongst a huge range of wildflowers, insects and grasses. Cosmeston has an abundance of wildflowers and Tess and Helen did a great job naming a selection including Knapweed, Orchids, Oxeye Daisies and Cow Parsley.

The strollers were also treated to the sight of a grey cygnet with its proud mother.

We are lucky to have Cosmeston on our doorstep with its myriad of paths. It's different every time the strollers go there! You're welcome to join us: the first Thursday of every month at 10:30.

Lynne Frugniet
Valeways Walk Leader

